

# D.A.R.E.<sup>®</sup>

PARENTS CAN HELP KIDS MAKE  
CORRECT CHOICES ABOUT  
AVOIDING DRUGS AND VIOLENCE.

Parent  
education  
program

[dare.com](http://dare.com)

D A R E A M E R I C A

## **PARENTS BOOKLET FORWARD**

Prevention research has continually shown that no one is more important in a child's life than their parents. Unfortunately, many parents either do not understand or simply lack the skills and knowledge to protect their children from destructive behavior. Consequently, parents, as well as their children, need a solid education regarding how to help their children make positive, healthy choices.

Through a partnership with two of America's most distinguished education and prevention research organizations – the Association for Supervision and Curriculum Development (ASCD) and National Families in Action (NFIA), the new D.A.R.E. Parent Education Program has been developed exclusively for D.A.R.E. America to do just that.

The D.A.R.E. Parent Education Program consists of five lessons which provide parents with relevant information about drugs, drug use and experimentation, violence and parenting skills. The D.A.R.E. Parent Education Program, along with its companion piece, "Keeping Kids Drug Free – D.A.R.E. Official Parent's Guide" provide powerful tools to help parents create a positive environment that will benefit their children's good health and well-being.

Written by Glenn Levant, President and Founding Director of D.A.R.E. America, "Keeping Kids Drug Free – D.A.R.E. Official Parent's Guide" offers an excellent supplement to the D.A.R.E. Parent Education Curriculum. With a lifetime of law enforcement experience culminating as Assistant Chief of the Los Angeles Police Department, Chief Levant has been instrumental in bringing the message of D.A.R.E. to millions of children, parents, officers and educators around the world – and helping to ensure the curriculum is constantly reviewed, examined and updated to meet the needs of changing times and a changing world.

D.A.R.E. is recognized as the only comprehensive, cost-effective, nationwide program of its kind in the United States today. Through D.A.R.E. workbook exercises and encouragement from D.A.R.E. officers, children everywhere are equipping themselves to act responsibly and to lead happy, healthy lives.

We hope you find your participation in this program to be a valuable and rewarding experience. For further information on D.A.R.E. and matters related to drug prevention education and activities, please visit [www.dare.com](http://www.dare.com).

Glenn Levant  
President, Founding Director  
D.A.R.E. America Worldwide

# LESSON 1

## SURVEY

### Mark Questions 1-14 T (True) or F (False):

- \_\_\_ 1. Anyone who is raising a child is a parent.
- \_\_\_ 2. A drug is any substance that can change the brain and produce addiction.
- \_\_\_ 3. Violence is usually associated only with gangs.
- \_\_\_ 4. Stopping drug use or violence before it starts is called prevention.
- \_\_\_ 5. Treatment is used to help people who can't stop using drugs by themselves.
- \_\_\_ 6. Stopping drug use or violence before it starts is called intervention.
- \_\_\_ 7. Risk factors are conditions that put a child at risk for drug use and violent behavior.
- \_\_\_ 8. Protective factors protect a child from drug use and violent behavior despite risk factors that might exist.
- \_\_\_ 9. The fewest number of drug users in the U.S. are white Americans.
- \_\_\_ 10. Seventy percent of drug users are employed.
- \_\_\_ 11. Research shows there is nothing parents can do to combat peer pressure.
- \_\_\_ 12. Parents who push children to succeed in school put too much pressure on their children.
- \_\_\_ 13. Parents who work have kids who are at risk for drug abuse and violent behavior and there is nothing they can do about it.
- \_\_\_ 14. Access to guns and drugs makes adolescents more at risk of becoming involved in violent activities.

**Put an R by each condition you think is a risk for drug abuse and violent behavior. Put a P by each condition you think is a protective factor.**

- \_\_\_1. Parents develop close bonds with children.
- \_\_\_2. Little or no monitoring of child's friends
- \_\_\_3. Parental permissiveness: youth allowed to drink and/or use drugs at home.
- \_\_\_4. Latchkey youth unsupervised after school
- \_\_\_5. Poor relationship between youth and a parent who does not use drugs
- \_\_\_6. Warm and uncritical parenting style rather than overly authoritarian or overly permissive style
- \_\_\_7. Family has clear expectations of behaviors and the consequences when rules are not followed.
- \_\_\_8. Family values and encourages education.
- \_\_\_9. Family drug use
- \_\_\_10. Parent involves youth in parent's drug use.
- \_\_\_11. Good relationship between youth and a parent who uses drugs
- \_\_\_12. Spends time interacting together as a family unit
- \_\_\_13. Nurturing and protective home that provides feeling of safety
- \_\_\_14. No clear rules for behavior and no consequences when rules aren't followed

# Lesson 2

## SIGNS & SYMPTOMS OF DRUG USE

### ■ BEHAVIORAL SYMPTOMS

- **A sudden change in your child's circle of friends**
- **A change in school grades or behavior**
- **Evasive behavior and/or lying**
- **Look for excesses**  
Mood-altering drugs cause sudden and extreme mood swings ranging from euphoric to depressed. A kid may switch from withdrawn and passive one minute to angry the next.
- **Overreacting to mild criticism or simple requests**
- **An ability to manipulate**  
Instead of taking responsibility for their actions and behaviors, the child makes excuses for personal failures -- It's always someone else's fault.
- **A noticeable lack of self-discipline**
- **Anxiety**  
Anxiety can be characterized by chronic jerky or jittery movements, extreme fear and obsessive-compulsive behavior.
- **Monetary extremes**  
Possession of excessive amounts of money and constant complaints of insufficient funds
- **Changes in sleeping patterns**
- **Hostile or argumentative attitude**
- **Refusal or hostility when asked to talk about possible drug or alcohol use**
- **Sudden loss of interest in family activities**
- **Irregular hours or wanting to pursue activities at unusual times**

### ■ PHYSICAL SYMPTOMS

- **Poor physical appearance**
- **Abnormally pale complexion**
- **Weight loss or gain**
- **Chronic fatigue, lack of energy and vitality**
- **Loss of appetite and excessive thirst**
- **Short-term memory loss**
- **Chronic health problems**  
Frequent colds, sore throat and coughing; chronically inflamed nostrils and runny nose -- when allergies are not a problem
- **Problems with eyes**  
Bloodshot eyes, dilated pupils, droopy eyelids, imprecise eye movements, wearing dark glasses at inappropriate times
- **Problems with coordination**  
Dizzy spells, stumbling, shaky hands

- **Dramatic appetite changes**  
Ranging from a sudden lack of appetite to a sudden craving for sweets
- **Changes in speech and vocabulary patterns**  
Rapid speech, slowed speech, slurred words

## **ENVIRONMENTAL INDICATORS**

- Alcohol- or drug-related art or posters
- Clothing or logo gear that glorifies alcohol, tobacco, or drugs
- Magazines such as *High Times*
- Liquor and beer signs
- Possession of a fake ID or driver's license
- Incense or air fresheners used to mask drug smells
- Drug-related paraphernalia: bongs, pipes, pipe screens, "cigarette" rolling papers, baggies, scales, stash cans
- Preoccupation with music groups that glorify drug use

## **FACTS ABOUT ALCOHOL**

**Alcohol is a depressant drug.** When a person drinks alcohol, it is absorbed directly into the bloodstream from the stomach and intestines. Drinking alcohol can cause:

- Intoxication
- Loss of coordination
- Impaired judgment
- Increase in violence
- Inability to learn and remember
- Changes in personality
- Increase in accidents
- Trouble with other people

Continued use of alcohol can lead to:

- Tolerance and dependence
- Addiction
- Many kinds of cancer, cirrhosis of the liver, permanent brain damage, other diseases
- Death

Because of the risks and dangers involved in using alcohol (especially for young people), it is illegal for those under 21 to drink.

# FACTS ABOUT CLUB DRUGS

**Club Drugs are a group of drugs encompassing stimulants, sedatives and hallucinogens.** These drugs are called Club Drugs because they are used primarily at all-night dance parties (called “raves”), dance clubs, and bars. The more common Club Drugs are:

- Ecstasy
- GHB
- Rohypnol
- Ketamine
- Methamphetamine
- LSD

**Ecstasy** (Methylenedioxymethamphetamine or MDMA)

- Similar to the stimulant amphetamine and the hallucinogen mescaline
- Taken orally, usually in a tablet or a capsule
- Effects last 3-6 hours, occasionally longer (confusion, depression, sleep problems, anxiety, and paranoia).
- Produces significant increase in heart rate and blood pressure
- Stimulant effects, which enable users to dance for extended periods, may also lead to dehydration, hypertension, and heart or kidney failure.
- High doses can cause death.
- Chronic use produces long-lasting memory impairment.

**GHB** (Gamma-hydroxybutyrate)

- A central nervous system depressant
- Often taken in combination with alcohol
- Produced as a clear liquid, white powder, pill or capsule
- Intoxication begins 10-20 minutes after the drug is taken, and lasts up to 4 hours.
- Higher doses can slow breathing and heart rate to dangerous levels, leading to sleep and eventual coma and death.
- Often manufactured in homes with recipes found on the Internet

**Ketamine**

- Injectable anesthetic commonly used by veterinarians
- Large doses cause reactions similar to PCP, such as dreamlike states and hallucinations.
- Produced in liquid form or as a white powder that is snorted or smoked with marijuana or tobacco
- Higher doses can cause delirium, amnesia, impaired motor function, high blood pressure, depression, and potentially fatal respiratory problems.
- Low-dose intoxication results in impaired attention, learning ability, and memory.

**Rohypnol**® (flunitrazepam)

- A benzodiazepine (such as Valium®, Xanax®, or Halcion®)
- Not approved for prescription use in the U.S., but used legally in Europe as a treatment for insomnia and a presurgery anesthetic
- Tasteless and odorless powder usually dissolved in a beverage
- Sedative and toxic effects of Rohypnol are aggravated by concurrent use of alcohol.
- A dose as small as 1 mg. can impair a victim for 8-12 hours.
- Causes profound amnesia – individuals may not remember events they experienced while under the effects of the drug.
- Commonly used as a “date rape” drug in sexual assaults
- Also causes decreased blood pressure, drowsiness, visual disturbances, confusion

**Methamphetamine**

- A toxic, addictive stimulant affecting the central nervous system
- Made in clandestine labs from over-the-counter ingredients
- Available in many forms, methamphetamine can be smoked, snorted, injected or orally ingested (dissolves easily in beverages).
- Associated with serious health consequences, including memory loss, aggression, violence, psychotic behavior, and potential cardiac and neurological damage
- Methamphetamine is neurotoxic – causes changes in the way the brain works.

**LSD** (lysergic acid diethylamide)

- LSD is a hallucinogen.
- Taken orally on pieces of blotter paper that have absorbed the drug or in pill form
- Effects are evident 30-90 minutes after ingestion.
- Physical effects include dilated pupils, higher body temperature, increased heart rate and blood pressure, loss of appetite, tremors, numbness, weakness.
- Long-term disorders are persistent psychosis and hallucinogen persisting perception disorder (also called “flashbacks”).



## FACTS ABOUT TOBACCO

**Tobacco contains nicotine**--a stimulant drug. When a person smokes tobacco, nicotine goes immediately to the brain. Nicotine is a highly addictive drug. Cigarette smoking, which kills more than 1,000 people a day, is the most preventable cause of death in the United States. Smoking tobacco can cause:

- Increased heart rate
- Constricted blood vessels which make the heart work harder
- Problems due to workplace restrictions on smoking
- Increased insurance premiums
- Problems for family or others who are harmed by secondhand smoke

Use of tobacco can lead to:

- Gum disease, tooth decay
- Cancer of the lungs, mouth, esophagus, and other organs
- Heart disease

Because of the risks and dangers involved in using tobacco, it is illegal for youngsters to purchase tobacco products. The legal age varies from state to state.

# Lesson 3

## FACTS ABOUT MARIJUANA

**Marijuana is a mind-altering drug.** Students who use marijuana may have difficulty remembering what they have learned, and may become psychologically dependent on the drug. Marijuana is a fat-soluble substance. Therefore, it remains in the system longer than water-soluble substances such as alcohol. Smoking or eating marijuana can cause:

- Bloodshot eyes
- Dry mouth and throat
- Impaired or reduced comprehension
- Altered sense of time
- Short attention span
- Reduced ability to perform tasks requiring concentration and coordination, such as driving a car
- Paranoia
- Intense anxiety or panic attacks
- Altered cognition, making learning new information difficult
- Impairments in learning, memory, perception, and judgment

Marijuana has no accepted medical use. It is illegal to possess, consume, grow, or purchase marijuana.

## FACTS ABOUT INHALANTS

**Inhalants are chemicals that are used for sniffing or “huffing” to get high.** Glue, gasoline, and about 2,000 other dangerous chemicals can be used as inhalants. Many of these are legal household products commonly found in homes. All inhalants can be toxic. Using inhalants can cause:

- Headaches, muscle weakness, abdominal pain
- Severe mood swings and violent behavior
- Numbness and tingling of hands and feet
- Decrease in or loss of sense of smell
- Nausea
- Nosebleeds
- Liver, lung, and kidney damage
- Dangerous chemical imbalances in the body
- Fatigue, lack of coordination
- Loss of appetite
- Decreases in heart and respiratory rates
- Hepatitis from long-time use
- Brain damage
- Death (at any time, even on first use)

## FACTS ABOUT HEROIN

**Heroin is a narcotic.** Heroin users quickly develop a tolerance to the drug and need more and more of it to get the same effects, or even to feel well. Heroin can be injected, smoked or snorted. Using heroin can cause:

- Addiction
- Slowed and slurred speech
- Slow gait
- Constricted pupils, droopy eyelids, impaired night vision
- Vomiting after first use and at very high doses
- Decreased sexual pleasure, indifference to sex
- Reduced appetite
- Constipation
- Respiratory depression or failure
- Increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected
- Dry, itchy skin and skin infections
- Death from overdose

## FACTS ABOUT COCAINE

**Cocaine is a stimulant.** It is a powerfully addictive drug. Cocaine can be snorted, injected or smoked (as “crack”). Use of cocaine can cause:

- Addiction
- Pupil dilation
- Elevated blood pressure and heart rate
- Increased respiratory rate
- Increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected
- Paranoia
- Seizures
- Heart attack
- Respiratory failure
- Constricted peripheral blood vessels
- Restlessness, irritability, anxiety
- Loss of appetite
- Tactile hallucinations
- Insomnia
- Increased body temperature
- Death from overdose

## **FACTS ABOUT METHAMPHETAMINE**

**Methamphetamine is a toxic, addictive stimulant** that affects the brain and the central nervous system. It is often made in clandestine labs from inexpensive over-the-counter ingredients. It is used by diverse groups, including young people, in many regions of the country. Methamphetamine can be smoked, snorted, injected, or eaten.

Use of methamphetamine can cause:

- Addiction
- Memory loss
- Aggression
- Violence
- Psychotic behavior
- Cardiac and neurological damage
- Increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected

# LESSON 3 SURVEY

Mark questions T (True) or F (False).

- \_\_\_1. The physical effects of inhalants will wear off in time.
- \_\_\_2. More than 1400 over-the-counter products can be abused as inhalants.
- \_\_\_3. The initial use of inhalants commonly takes place in 11<sup>th</sup> or 12<sup>th</sup> grade.
- \_\_\_4. Inhalant users risk death after 6 months of regular use.
- \_\_\_5. Inhalants can affect memory.
- \_\_\_6. Signs of inhalant use include: dilated pupils, glazed eyes, blisters or rash around nose and mouth, chemical odor on breath, increased aggressiveness.
- \_\_\_7. Heroin isn't a big problem.
- \_\_\_8. People inject heroin into their veins.
- \_\_\_9. Effects of heroin include irregular heartbeat, constipation and fluctuating blood pressure.
- \_\_\_10. Heroin is highly addictive.
- \_\_\_11. Heroin is an addict's drug. It is not appealing to young people.
- \_\_\_12. Cocaine is a stimulant.
- \_\_\_13. Cocaine has no legitimate medical use.
- \_\_\_14. Cocaine is usually snorted. Crack is usually smoked.
- \_\_\_15. Cocaine users can have personality changes.
- \_\_\_16. Methamphetamine is sold by street dealers.
- \_\_\_17. Methamphetamine is popular in big cities and rural communities.
- \_\_\_18. Mehtamphetamine is a harmless party drug.
- \_\_\_19. Methamphetamine users have lots of energy.
- \_\_\_20. Methamphetamine dissolves in beverages

# LESSON 4

## Adult Supervision

**Good parental supervision** consists of knowing the following:

- Where your children are
  - Who your children are with
  - What your children are doing
- 
- Children who spend most of their time unsupervised are at much higher risk for drug and alcohol use.
  - The risk is lower when children spend more time with their parents or responsible adults.
  - Parents need to know their children's friends and their friends' parents.
  - Parents have the right to say no to any child who will put their child at risk.
  - Parents need to be prepared to say no to unsupervised concerts and parties.
  - Parents need to be sure that what their children do away from home is consistent with family rules and values.

## **LESSON 5**

### **Parent Tips to Avoid Violence**

- Make sure your children are supervised.
- Involve your child in positive after-school activities.
- Never leave your kids home alone, even for a short time.
- Be sure your child attends and stays at school.
- Set and keep curfews.
- Supervise homework and school projects.
- Call before your child visits. Ask if weapons are stored in the home and if they are secured away from the ammunition.
- Meet your youngster's friends. Make it a point to meet their parents.
- Avoid places that are risky.
- Encourage your child to use a buddy system to enjoy strength in numbers.
- Be alert to signs of trouble.

### **Resistance Techniques**

- Teach children to speak in a clear and confident manner.
- Help them learn to maintain eye contact.
- Discuss assertiveness and explain the difference between aggressive and assertive behavior (a demanding, aggressive response will just provoke fights, while an assertive response is calm and confident).
- Role-play with your child. Listen and be prepared to coach them on their responses.
- Stress that everyone has rights—the right to be yourself, to say what you think, to say no.
- Understand that assertiveness is not a cure-all for the stresses of growing up—it is just another tool.
- Teach your child that disagreements are normal—it is the way they are resolved that is key.
- Teach your child that it is okay to run and get help if they ever feel in danger.
- Encourage your child to use a buddy system—there is safety in numbers.
- In your gut, if you feel your child is scared, trust your instincts, and teach them to trust their own instincts as well.

## Violence Role-Play

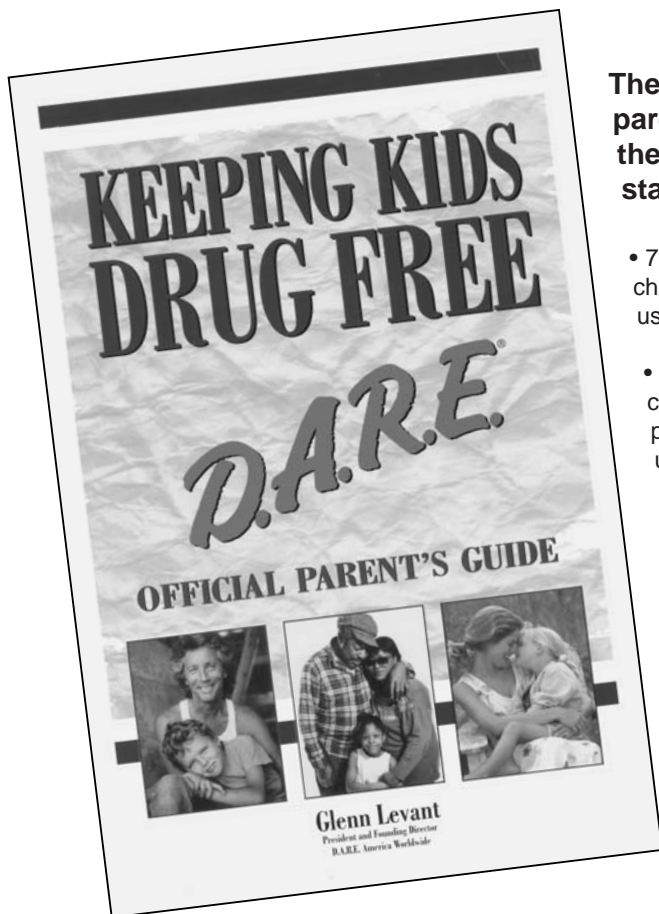
- A friend asks to borrow your allowance, promising to repay.  
(Assertive refusal)
- A gang member pushes ahead of you in line at lunch.  
(Safety, stay calm)
- A member of a tough group offers you a drug.  
(Get away, tell someone)
- A member of a gang asks you to join or he'll make trouble for you.  
(Get away)
- Some friends suggest "trashing and flooding" the restroom at the mall.  
(Vandalism, get away, tell someone)
- A neighbor suggests you help them burn a cat's tail to see what happens.  
(Animal torture, tell someone)
- Two friends you have known since kindergarten bring some glue to the playing fields after school with the intention of sniffing it.  
(Get away, tell someone)
- You know that a friend takes his father's gun out of the case and practices loading and unloading it.  
(Get away, tell someone)
- Two friends have started accumulating bikes they have "found unlocked" in the neighborhood.  
(Tell someone)
- A classmate tells you he is going to "get back" at some kids who have been teasing him.  
(Tell someone)



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# DRUG EDUCATION

...it's not just for kids



The guide will help parents overcome these negative statistics:

- 7.8 million school children report that they use illegal drugs
- 90% of all school children will be pressured by friends to use illegal substances
- By 12th grade, 51% of students regularly drink alcohol
- 7 out of 10 kids report that parents don't talk regularly to them about drugs

To order, call **800-223-DARE**

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